

BEFORE YOU DIG IN

Uncover a few
facts about WIC
before coming to
Olympia and
harvest the
benefits once you
are here!

In this Section:

- ❖ Prepare yourself with knowledge!
- ❖ Assemble the correct tools!
- ❖ What is WIC?
- ❖ What are some benefits of WIC?
- ❖ Who are WIC clients?
- ❖ What foods are given to WIC clients?
- ❖ How is WIC funded?
- ❖ How do people apply for WIC?



Before Tilling the Earth...

...and digging
into WIC
Training...

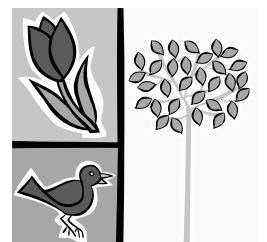
- **Prepare yourself with knowledge!**
You will reap a better harvest when you come to training prepared with information you have gathered about your own clinic.
- **Assemble the correct tools!**
Some of the tools you will need to prepare for training are:
 - ❖ Good observation skills
 - ❖ Some understanding of the computer
 - ❖ Beginning knowledge of the Client Services computer software application used in Washington State, commonly referred to as CIMS.

Staff has "lettuce" know that some experience in the clinic is beneficial before arriving in Olympia for training. The information we are providing in this booklet will help you "dig" your way through the information that will be most useful to you.

Use this booklet as a pre-training tool, gathering & gleaning information as you go. Much like pushing a wheelbarrow through the garden... only a whole lot easier!



More grows in the garden than the gardener knows he has sown. Spanish proverb





Let's Dig In at the Beginning!

**WIC IS ONE OF
THE PREMIER
PUBLIC HEALTH
PROGRAMS IN
THE NATION.**

WIC stands for
**Women, Infants, and
Children.**

WIC is one of the
premier public health
programs in the nation.

WIC is a short-term
intervention program
designed to influence
lifetime nutrition and
health behaviors in a
targeted, high-risk
population.

WIC provides quality
nutrition education,
breastfeeding
promotion and
education, a prescribed
monthly food package,
a nutrition assessment
including heights,
weights, iron and diet
assessments.

In addition WIC
provides access to
maternal, prenatal and
pediatric healthcare
services for thousands
of families in
Washington and nation
wide.

HOW MANY CLIENTS ARE
SERVED BY WIC IN
WASHINGTON?*

HOW MANY ARE...

- PREGNANT WOMEN?
- BREASTFEEDING
WOMEN?
- INFANTS?
- CHILDREN?

* You will find out these
numbers when you come to
training!

*Ask your coordinator
how many Women,
Infants and Children
are served in your
clinic each month*



**You'll Learn About
These When You
Come to Training!**

- The actual Medicaid dollars saved for mothers and their newborns and the research associated with these numbers!
- The nutrients that women on WIC eat more of, and how the WIC Food prescription contributes to the health of WIC clients!

What are some of the benefits of WIC?

Research shows women who participate in **WIC**:

- ❖ Have longer pregnancies leading to fewer premature births
- ❖ Have fewer low and very low birth-weight babies
- ❖ Experience fewer fetal and infant deaths
- ❖ Seek prenatal care earlier in pregnancy
- ❖ Have healthier diets
- ❖ Save Medicaid dollars

Who are WA WIC Clients?

WIC provides services to clients who meet these four eligibility requirements:

1. Reside in WA
2. Are a pregnant, breastfeeding, postpartum woman, or an infant or child under 5
3. Meet the federal income guidelines
4. Have a nutrition or medical need

Agencies use a priority system to determine who is entitled to receive WIC services. A priority system identifies who has the greatest nutritional need so those with the highest need are served first.

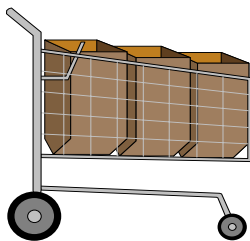


The WIC program was designed to help alleviate hunger and promote optimal growth and development during pregnancy and for infants and children through the first five years of life.



Where can WIC clients shop for their WIC foods?

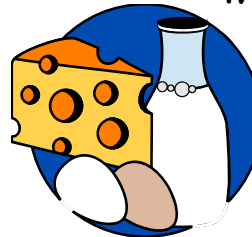
Approximately 730 local grocery stores and pharmacies in Washington State accept WIC checks!



What foods are given to WIC clients?

WIC checks are valued at about \$45.00 per month and specify certain foods. Clients are able to select:

- ❖ Milk - Vit. A & D fortified
- ❖ Cheese - Domestic
- ❖ Juice - Vit. C fortified
- ❖ Cereals - high iron, low sugar
- ❖ Peanut Butter
- ❖ Dried beans, peas or lentils
- ❖ Eggs
- ❖ Iron fortified infant formula for babies who are not breastfeeding
- ❖ Tuna, carrots and extra beans for mothers who are breastfeeding and do not receive formula



How is WIC Funded?

The United States Department of Agriculture (USDA), the state of Washington, and local monies fund WIC.

Partnerships have been developed between the Washington State Department of Health and local communities to provide WIC services to people who qualify to receive WIC services. Local funding is needed because state and federal funds do not fully pay for the operation of WIC.

The number of people who receive WIC services may vary depending on available funding.



HOW DO PEOPLE APPLY FOR WIC?



1.
Client calls
or walks into
the clinic

2.
Staff
determines if
applicant
lives in WA

3.
Staff determines
if applicant is
categorically &
age eligible

4.
Staff determines
if applicant is
income eligible

5.
If **not eligible**,
staff makes
appropriate
referrals

6.
If **eligible**,
staff asks for
demographic
information

7.
Staff makes
appointment
for
certification

8.
Applicant arrives
at clinic for
scheduled
appointment

9.
Eligibility is
determined by
income &
nutrition need

